

USDA Nutrient Database for Standard Reference, Release 14

Vitamin E (Alpha Toc. Equiv.) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.120
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.007
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.025
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.176
09003	Apples, raw, with skin	138	1 apple	0.442
09004	Apples, raw, without skin	110	1 cup	0.088
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.026
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.024
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	2.296
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	2.172
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.525
09021	Apricots, raw	35	1 apricot	0.312
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.228
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.319
11015	Asparagus, canned, drained solids	72	4 spears	0.310
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.228
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.750
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	2.250
09038	Avocados, raw, California	28.35	1 oz	0.380
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.109
18005	Bagels, cinnamon-raisin	89	4" bagel	0.136
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.034
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.027
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	1.711
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.349
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.498
09040	Bananas, raw	118	1 banana	0.319
09040	Bananas, raw	150	1 cup	0.405
20006	Barley, pearled, cooked	157	1 cup	0.079
20005	Barley, pearled, raw	200	1 cup	0.260
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	1.346
16008	Beans, baked, canned, with franks	259	1 cup	1.217
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	1.366
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.366

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16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.128
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.142
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.607
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.189
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.175
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.189
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.392
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.363
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.189
22905	Beef stew, canned entree	232	1 cup	0.172
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.170
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.119
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.128
13350	Beef, cured, dried beef	28.35	1 oz	0.040
13298	Beef, ground, extra lean, cooked, broiled, medium	85	3 oz	0.153
13305	Beef, ground, lean, cooked, broiled, medium	85	3 oz	0.173
13312	Beef, ground, regular, cooked, broiled, medium	85	3 oz	0.199
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.162
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.119
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.152
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.119
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.153
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.119
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.540
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.432
11084	Beets, canned, drained solids	170	1 cup	0.510
11084	Beets, canned, drained solids	24	1 beet	0.072
11081	Beets, cooked, boiled, drained	170	1 cup	0.510
11081	Beets, cooked, boiled, drained	50	1 beet	0.150
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	1.315
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.781
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.487
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.140
09042	Blackberries, raw	144	1 cup	1.022
09055	Blueberries, frozen, sweetened	230	1 cup	1.633
09050	Blueberries, raw	145	1 cup	1.450
07008	Bologna, beef and pork	56.7	2 slices	0.125
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.198
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.162

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.403
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	1.071
18025	Bread, cracked-wheat	25	1 slice	0.147
18027	Bread, egg	40	1/2" slice	0.238
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.071
18031	Bread, indian (navajo) fry	90	5" bread	0.695
18031	Bread, indian (navajo) fry	160	10-1/2" bread	1.235
18033	Bread, italian	20	1 slice	0.071
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.171
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.160
18039	Bread, oatmeal	27	1 slice	0.164
18040	Bread, oatmeal, toasted	25	1 slice	0.093
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.023
18041	Bread, pita, white, enriched	28	4" pita	0.011
18044	Bread, pumpernickel	32	1 slice	0.139
18045	Bread, pumpernickel, toasted	29	1 slice	0.174
18047	Bread, raisin, enriched	26	1 slice	0.132
18048	Bread, raisin, toasted, enriched	24	1 slice	0.198
18053	Bread, reduced-calorie, rye	23	1 slice	0.058
18055	Bread, reduced-calorie, wheat	23	1 slice	0.027
18057	Bread, reduced-calorie, white	23	1 slice	0.032
18060	Bread, rye	32	1 slice	0.117
18061	Bread, rye, toasted	24	1 slice	0.146
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.135
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.137
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.095
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.171
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.069
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.239
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.291
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	2.772
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2.636
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.625
11740	Broccoli, flower clusters, raw	11	1 floweret	0.183
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	3.036
11090	Broccoli, raw	31	1 spear	0.515
11090	Broccoli, raw	88	1 cup	1.461
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	1.326
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.899
20011	Buckwheat flour, whole-groat	120	1 cup	1.236
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.396
20013	Bulgur, cooked	182	1 cup	0.053
20012	Bulgur, dry	140	1 cup	0.224

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01001	Butter, with salt	14.2	1 tbsp	0.224
01145	Butter, without salt	14.2	1 tbsp	0.224
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.204
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.158
11109	Cabbage, raw	70	1 cup	0.074
11112	Cabbage, red, raw	70	1 cup	0.074
11114	Cabbage, savoy, raw	70	1 cup	0.074
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.004
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.976
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.512
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.708
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	1.542
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.012
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.683
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.863
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.082
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.803
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.734
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	1.455
19074	Candies, caramels	10.1	1 piece	0.047
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.017
19071	Candies, carob	28.35	1 oz	0.445
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.017
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.078
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.027
19104	Candies, fudge, vanilla, with nuts, prepared-from-recipe	15	1 piece	0.066
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	3	1 small piece	0.000
19107	Candies, hard	6	1 piece	0.000
19109	Candies, HERSHEY, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.337
19143	Candies, HERSHEY, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.336
19150	Candies, HERSHEY, REESE'S Peanut Butter Cups	45	1 package (contains 2)	1.829
19164	Candies, HERSHEY, SPECIAL DARK Sweet Chocolate Bar	8.4	1 miniature	0.037
19108	Candies, jellybeans	28.35	10 large	0.000
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.485
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	0.060
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.397
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.117
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.872
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.076
19116	Candies, marshmallows	50	1 cup	0.000

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19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.546
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.020
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.097
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.775
19069	Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping	7	1 fun size bar	0.113
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	0.486
19080	Candies, semisweet chocolate	168	1 cup	1.999
09060	Carambola, (starfruit), raw	91	1 fruit	0.337
09060	Carambola, (starfruit), raw	108	1 cup	0.400
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.050
11655	Carrot juice, canned	236	1 cup	0.024
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.613
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.655
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.613
11124	Carrots, raw	110	1 cup	0.506
11124	Carrots, raw	72	1 carrot	0.331
11935	Catsup	15	1 tbsp	0.220
11935	Catsup	6	1 packet	0.088
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.050
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.022
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.072
11135	Cauliflower, raw	13	1 floweret	0.005
11135	Cauliflower, raw	100	1 cup	0.040
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.135
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.540
11143	Celery, raw	120	1 cup	0.432
11143	Celery, raw	40	1 stalk	0.144
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.296
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.676
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.171
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.206
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.279

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08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.137
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.100
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.226
08266	Cereals ready-to-eat, GENERAL MILLS, HONEY FROSTED WHEATIES	30	3/4 cup	0.116
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.312
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.254
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	2.960
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.081
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.128
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	2.032
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PEANUT BUTTER PUFFS	30	3/4 cup	0.565
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.000
08077	Cereals ready-to-eat, GENERAL MILLS, TOTAL	30	3/4 cup	23.492
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	30.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	29.975
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.598
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.440
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.369
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN	30	1/2 cup	0.553
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.049
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.143
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	5.365
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.035
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.033
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.119
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.110
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.040
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	22.200
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.556
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.041
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.039
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.138
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.078
08319	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.000
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, regular	51	1 cup	0.460
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.134
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S CRUNCHBERRIES	26	3/4 cup	0.185
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.149
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.505

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08220	Cereals ready-to-eat, QUAKER, QUAKER Low Fat 100% Natural Crispy Wholegrain Cereal with Raisins	50	1/2 cup	0.275
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	50	1 cup	0.225
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.161
08219	Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal, Honey Nut	49	1 cup	2.012
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.291
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt	242	1 cup	0.121
08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt	242	1 cup	0.048
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.018
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.031
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.033
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.031
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.212
08121	Cereals, oats, regular and quick and instant, without fortified, cooked with water, without salt	234	1 cup	0.234
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.027
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	0.163
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	0.124
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.899
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.201
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.201
01004	Cheese, blue	28.35	1 oz	0.181
01007	Cheese, camembert	38	1 wedge	0.249
01009	Cheese, cheddar	28.35	1 oz	0.102
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.256
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.208
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.249
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.127
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.160
01017	Cheese, cream	14.5	1 tbsp	0.136
01186	Cheese, cream, fat free	15.6	1 tbsp	0.005
01019	Cheese, feta	28.35	1 oz	0.009
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.022
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.131
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.099
01030	Cheese, muenster	28.35	1 oz	0.132
01032	Cheese, parmesan, grated	5	1 tbsp	0.040
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.130
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.191
01035	Cheese, provolone	28.35	1 oz	0.099

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01037	Cheese, ricotta, part skim milk	246	1 cup	0.526
01036	Cheese, ricotta, whole milk	246	1 cup	0.861
01040	Cheese, swiss	28.35	1 oz	0.142
18147	Cheesecake commercially prepared	80	1 piece	1.265
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.317
09070	Cherries, sweet, raw	68	10 cherries	0.088
22906	Chicken pot pie, frozen entree	217	1 small pie	3.847
07017	Chicken roll, light meat	56.7	2 slices	0.150
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.488
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.228
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.117
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	1.888
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.048
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.138
05277	Chicken, canned, meat only, with broth	142	5 oz	0.301
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.282
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.574
22904	Chili con carne with beans, canned entree	222	1 cup	0.284
11156	Chives, raw	3	1 tbsp	0.006
14181	Chocolate syrup, without added nutrients	18.75	1 tbsp	0.005
14175	Chocolate-flavor beverage mix, powder	21.6	2-3 heaping tsp	0.086
14196	Cocoa mix, with aspartame, powder, without added calcium or phosphorus, with added sodium and vitamin A	15	1/2 oz envelope	0.060
14192	Cocoa mix, without added nutrients, powder	28.35	3 heaping tsp	0.043
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.022
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.000
14209	Coffee, brewed, prepared with tap water	178	6 fl oz	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	2.148
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	1.672
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.850
18151	Cookies, brownies, commercially prepared	56	1 brownie	1.171
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.363
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.026
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.257
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.459
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.346
18170	Cookies, fig bars	16	1 cookie	0.200
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.286
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	1.714
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.548
18177	Cookies, molasses	15	1 cookie, medium	0.257

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18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.030
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.629
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.505
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.257
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.425
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.508
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.480
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.538
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.359
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.051
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.069
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.230
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.189
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.069
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.131
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.455
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.817
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.020
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.363
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.663
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.482
18214	Crackers, cheese, regular	10	10 crackers	0.264
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.262
18217	Crackers, matzo, plain	28.35	1 matzo	0.018
18220	Crackers, melba toast, plain	20	4 pieces	0.011
18226	Crackers, rye, wafers, plain	11	1 wafer	0.158
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.186
18229	Crackers, standard snack-type, regular	12	4 crackers	0.542
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.181
18232	Crackers, wheat, regular	8	4 crackers	0.258
18235	Crackers, whole-wheat	16	4 crackers	0.178
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.057
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.242
01069	Cream substitute, powdered	2	1 tsp	0.005
01049	Cream, fluid, half and half	15	1 tbsp	0.017
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.095
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.023
01052	Cream, fluid, light whipping	15	1 tbsp	0.090
01056	Cream, sour, cultured	12	1 tbsp	0.068

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01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.049
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.018
18239	Croissants, butter	57	1 croissant	0.247
18243	Croutons, seasoned	40	1 cup	0.873
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.085
15141	Crustaceans, crab, blue, canned (crabmeat)	135	1 cup	1.350
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.850
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.850
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.791
11206	Cucumber, peeled, raw	280	1 large	0.221
11206	Cucumber, peeled, raw	119	1 cup	0.094
11205	Cucumber, with peel, raw	104	1 cup	0.082
11205	Cucumber, with peel, raw	301	1 large	0.238
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	2.625
18245	Danish pastry, cheese	71	1 danish	1.807
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.747
09087	Dates, domestic, natural and dry	41.5	5 dates	0.042
09087	Dates, domestic, natural and dry	178	1 cup	0.178
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.006
01072	Dessert topping, pressurized	4	1 tbsp	0.007
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.008
19173	Desserts, gelatins, dry mix, prepared with water	135	1/2 cup	0.000
19176	Desserts, gelatins, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
19183	Desserts, puddings, chocolate, ready-to-eat	113	4 oz	0.141
19193	Desserts, puddings, rice, ready-to-eat	113.4	4 oz	1.560
19218	Desserts, puddings, tapioca, ready-to-eat	113	4 oz	0.102
19201	Desserts, puddings, vanilla, ready-to-eat	113	4 oz	0.141
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	1.802
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.537
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.834
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.397
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	1.547
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	2.097
01143	Egg substitute, liquid	62.75	1/4 cup	0.305
01124	Egg, white, raw, fresh	33.4	1 large	0.000
01128	Egg, whole, cooked, fried	46	1 large	0.754
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.525
01131	Egg, whole, cooked, poached	50	1 large	0.525
01132	Egg, whole, cooked, scrambled	61	1 large	0.799
01123	Egg, whole, raw, fresh	44	1 medium	0.462
01123	Egg, whole, raw, fresh	50	1 large	0.525
01123	Egg, whole, raw, fresh	58	1 extra large	0.609

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01125	Egg, yolk, raw, fresh	16.6	1 large	0.525
01057	Eggnog	254	1 cup	0.577
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.030
11213	Endive, raw	50	1 cup	0.220
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.097
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.096
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	1.183
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	1.194
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	0.531
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	1.399
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.851
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	1.830
21024	Fast foods, french toast sticks	141	5 sticks	3.962
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	0.013
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.381
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.332
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1.392
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	1.635
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	2.062
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	1.037
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.122
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.664
09094	Figs, dried, uncooked	38	2 figs	0.000
15017	Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.170
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.382
15027	Finfish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.779
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	2.400
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	1.607
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	1.733
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.927
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	0.851
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	0.120
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	0.170
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	1.863
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	1.063
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	1.148
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	1.148
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.255
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	1.021
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	0.451
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	1.352
07022	Frankfurter, beef	45	1 frank	0.086

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07023	Frankfurter, beef and pork	45	1 frank	0.113
07024	Frankfurter, chicken	45	1 frank	0.097
18268	French toast, frozen, ready-to-heat	59	1 slice	0.395
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.900
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	1.793
19263	Frozen desserts, fruit and juice bars	77	1 bar (2.5 fl oz)	0.000
19270	Frozen desserts, ice cream, chocolate	66	1/2 cup	0.217
19090	Frozen desserts, ice cream, french vanilla, soft-serve	86	1/2 cup	0.318
19088	Frozen desserts, ice cream, light (50% of the fat), vanilla	66	1/2 cup	0.000
19095	Frozen desserts, ice cream, vanilla	66	1/2 cup	0.000
19089	Frozen desserts, ice cream, vanilla, rich	74	1/2 cup	0.000
19283	Frozen desserts, ice pops	59	1 bar (2 fl oz)	0.000
19281	Frozen desserts, ice, italian, restaurant-prepared	116	1/2 cup	0.000
19097	Frozen desserts, sherbet, orange	74	1/2 cup	0.058
19393	Frozen desserts, yogurt, chocolate, soft-serve	72	1/2 cup	0.097
19293	Frozen desserts, yogurt, vanilla, soft-serve	72	1/2 cup	0.036
19294	Fruit butters, apple	17	1 tbsp	0.002
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.719
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.474
14267	Fruit punch drink, canned	248	8 fl oz	0.000
11215	Garlic, raw	3	1 clove	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.000
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.125
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.376
09124	Grapefruit juice, canned, sweetened	250	1 cup	0.125
09123	Grapefruit juice, canned, unsweetened	247	1 cup	0.124
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.124
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.368
09128	Grapefruit juice, white, raw	247	1 cup	0.124
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.295
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.635
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	1.120
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.350
06116	Gravy, beef, canned	58.25	1/4 cup	0.037
06119	Gravy, chicken, canned	59.5	1/4 cup	0.093
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve	62	1/4 cup	0.184
06125	Gravy, turkey, canned	59.6	1/4 cup	0.036
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.164

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07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.164
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	1.495
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	0.325
19296	Honey, strained or extracted	21	1 tbsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.001
19297	Jams and preserves	20	1 tbsp	0.000
19300	Jellies	19	1 tbsp	0.000
11226	Jerusalem-artichokes, raw	150	1 cup	0.285
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.105
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.234
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.851
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	2.756
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.128
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.153
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.111
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.136
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.085
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.128
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.128
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.153
04002	Lard	12.8	1 tbsp	0.154
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.004
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.006
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.003
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.014
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.014
09153	Lemon juice, canned or bottled	244	1 cup	0.220
09152	Lemon juice, raw	47	juice of 1 lemon	0.042
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	0.139
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.218
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.033
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.717
11251	Lettuce, cos or romaine, raw	56	1 cup	0.246
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.044

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11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1.509
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.154
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.022
11253	Lettuce, looseleaf, raw	56	1 cup	0.246
11253	Lettuce, looseleaf, raw	10	1 leaf	0.044
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	1.152
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.493
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.338
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.011
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.172
09160	Lime juice, raw	38	juice of 1 lime	0.034
20100	Macaroni, cooked, enriched	140	1 cup	0.042
14315	Malted milk-flavor mix, chocolate, added nutrients, powder	21	3 heaping tsp	0.084
14309	Malted milk-flavor mix, natural, added nutrients, powder	21	4-5 heaping tsp	0.084
09176	Mangos, raw	165	1 cup	1.848
09176	Mangos, raw	207	1 mango	2.318
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	1.805
04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	0.564
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	1.079
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.112
04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	0.432
09181	Melons, cantaloupe, raw	69	1/8 melon	0.104
09181	Melons, cantaloupe, raw	160	1 cup	0.240
09184	Melons, honeydew, raw	170	1 cup	0.255
09184	Melons, honeydew, raw	160	1/8 melon	0.240
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.300
01111	Milk shakes, thick vanilla	313	11 fl oz	0.313
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.026
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.147
01095	Milk, canned, condensed, sweetened	306	1 cup	0.655
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.013
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.454
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.228
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.065
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.133
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.004
01077	Milk, fluid, 3.25% milkfat	244	1 cup	0.244
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.098
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.098
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.171
16112	Miso	68.75	1 cup	0.007
19305	Molasses, blackstrap	20	1 tbsp	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.850
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.850
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.714
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.598
18279	Muffins, corn, commercially prepared	57	1 muffin	1.048
18283	Muffins, oat bran	57	1 muffin	0.746
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.418
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.012
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.010
11264	Mushrooms, canned, drained solids	156	1 cup	0.187
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.187
11260	Mushrooms, raw	70	1 cup	0.084
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.174
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.004
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	2.814
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.088
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.000
09191	Nectarines, raw	136	1 nectarine	1.210
20113	Noodles, chinese, chow mein	45	1 cup	0.072
20110	Noodles, egg, cooked, enriched	160	1 cup	0.080
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.080
12061	Nuts, almonds	28.35	1 oz (24 nuts)	7.422
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	2.155
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.162
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.442
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.716
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	1.256
12104	Nuts, coconut meat, raw	45	1 piece	0.329
12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.306
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.161
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.701
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	1.701
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.148
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.301
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	0.992
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	1.209
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.827
20033	Oat bran, raw	94	1 cup	1.607
04053	Oil, olive, salad or cooking	13.5	1 tbsp	1.674
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	1.744
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.556
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	2.474

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	3.839
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	2.871
04511	Oil, vegetable safflower, salad or cooking, oleic, (over 70%)	13.6	1 tbsp	4.678
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	6.880
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	1.104
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.270
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.660
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.273
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.122
11284	Onions, dehydrated flakes	5	1 tbsp	0.068
11282	Onions, raw	14	1 slice	0.018
11282	Onions, raw	110	1 whole	0.143
11282	Onions, raw	160	1 cup	0.208
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.130
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.020
09207	Orange juice, canned, unsweetened	249	1 cup	0.224
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.473
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.473
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.679
09206	Orange juice, raw	86	juice from 1 orange	0.077
09206	Orange juice, raw	248	1 cup	0.223
09200	Oranges, raw, all commercial varieties	131	1 orange	0.314
09200	Oranges, raw, all commercial varieties	180	1 cup	0.432
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.143
09226	Papayas, raw	140	1 cup	1.568
09226	Papayas, raw	304	1 papaya	3.405
11297	Parsley, raw	10	10 sprigs	0.179
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.560
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	1.255
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.872
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	2.332
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	3.720
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1.470
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.000
09250	Peaches, frozen, sliced, sweetened	250	1 cup	2.225
09236	Peaches, raw	98	1 peach	0.686
09236	Peaches, raw	170	1 cup	1.190
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.600
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.101
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2.211
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	2.101
09340	Pears, asian, raw	275	1 pear	1.375
09340	Pears, asian, raw	122	1 pear	0.610

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09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	1.330
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.380
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.380
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	1.240
09252	Pears, raw	166	1 pear	0.830
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.624
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.336
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.646
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.272
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.764
11670	Peppers, hot chili, green, raw	45	1 pepper	0.311
11819	Peppers, hot chili, red, raw	45	1 pepper	0.311
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.179
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.938
11333	Peppers, sweet, green, raw	149	1 cup	1.028
11333	Peppers, sweet, green, raw	119	1 pepper	0.821
11333	Peppers, sweet, green, raw	10	1 ring	0.069
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.938
11821	Peppers, sweet, red, raw	149	1 cup	1.028
11821	Peppers, sweet, red, raw	119	1 pepper	0.821
11945	Pickle relish, sweet	15	1 tbsp	0.006
11937	Pickles, cucumber, dill	65	1 pickle	0.104
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	9.761
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	6.418
19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	0.000
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.080
18305	Pie, blueberry, commercially prepared	117	1 piece	2.334
18308	Pie, cherry, commercially prepared	117	1 piece	1.759
18310	Pie, chocolate creme, commercially prepared	113	1 piece	3.089
18319	Pie, fried pies, fruit	128	1 pie	3.770
18320	Pie, lemon meringue, commercially prepared	113	1 piece	2.452
18324	Pie, pecan, commercially prepared	113	1 piece	2.095
18326	Pie, pumpkin, commercially prepared	109	1 piece	1.858
11943	Pimento, canned	12	1 tbsp	0.083
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.050
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.254
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.049
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.249
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.047
09266	Pineapple, raw	155	1 cup	0.155
09278	Plantains, cooked	154	1 cup	0.216

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09277	Plantains, raw	179	1 medium	0.483
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.322
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	1.806
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	1.764
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.322
09279	Plums, raw	66	1 plum	0.396
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.057
07064	Pork sausage, fresh, cooked	26	2 links	0.042
07064	Pork sausage, fresh, cooked	27	1 patty	0.043
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.103
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.121
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.221
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.221
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.221
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.221
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.221
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.221
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.221
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.221
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.221
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.221
11399	Potato puffs, frozen, prepared	79	10 puffs	0.040
11674	Potatoes, baked, flesh and skin, without salt	202	1 potato	0.101
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.062
11364	Potatoes, baked, skin, without salt	58	1 skin	0.023
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.068
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.078
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.068
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.095
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.055
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.296
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	1.462
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.105
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.630
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.368
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.278
09294	Prune juice, canned	256	1 cup	0.026
09292	Prunes, dried, stewed, without added sugar	248	1 cup	0.002
09291	Prunes, dried, uncooked	42	5 prunes	0.609
11424	Pumpkin, canned, without salt	245	1 cup	2.597

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11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.597
11429	Radishes, raw	4.5	1 radish	0.000
09298	Raisins, seedless	145	1 cup	1.015
09298	Raisins, seedless	14	1 packet	0.098
09306	Raspberries, frozen, red, sweetened	250	1 cup	1.125
09302	Raspberries, raw	123	1 cup	0.554
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.000
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.480
14342	Rice beverage, IMAGINE FOODS, RICE DREAM, canned	245	1 cup	1.764
20037	Rice, brown, long-grain, cooked	195	1 cup	0.421
20047	Rice, white, long-grain, parboiled, cooked, enriched	175	1 cup	0.088
20046	Rice, white, long-grain, parboiled, dry, enriched	185	1 cup	0.241
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.083
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.079
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.241
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.247
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.671
18353	Rolls, hard (includes kaiser)	57	1 roll	0.187
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.255
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	1.423
04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	1.314
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	0.194
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.304
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1.373
04021	Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	15	1 tbsp	0.225
04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	1.524
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.315
04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	0.124
04015	Salad dressing, russian, with salt	15.3	1 tbsp	1.561
04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	0.178
04023	Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	15.3	1 tbsp	0.182
07069	Salami, cooked, beef and pork	56.7	2 slices	0.125
07072	Salami, dry or hard, pork, beef	20	2 slices	0.056
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.260
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.175
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.200
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.000
06166	Sauce, homemade, white, medium	250	1 cup	3.393
06909	Sauce, NESTLE, QUE BUENO Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.258
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	3.130
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.096

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06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.236
11445	Seaweed, kelp, raw	10	2 tbsp	0.087
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.047
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.284
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.341
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.182
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	16.086
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	14.252
14346	Shake, fast food, chocolate	333	16 fl oz	0.220
14347	Shake, fast food, vanilla	333	16 fl oz	0.196
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	1.060
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.096
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.386
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.452
19014	Snacks, fruit leather, rolls	21	1 large	0.059
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.000
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.000
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	2.387
19034	Snacks, popcorn, air-popped	8	1 cup	0.010
19036	Snacks, popcorn, cakes	10	1 cake	0.012
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.630
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.422
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.013
19035	Snacks, popcorn, oil-popped	11	1 cup	0.013
19041	Snacks, pork skins, plain	28.35	1 oz	0.170
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.418
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.418
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	1.383
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.383
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	1.383
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.822
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.126
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.065
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.386
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.076
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.014
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.002
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.792
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.070
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.096

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06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.053
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.732
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	0.149
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.200
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.236
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	1.339
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	1.244
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.072
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.424
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.103
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0.100
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.069
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.110
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.588
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	0.684
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.551
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.143
06174	Soup, stock, fish, home-prepared	233	1 cup	2.996
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.604
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	2.489
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.317
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0.600
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.795
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.015
16120	Soy milk, fluid	245	1 cup	0.025
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.000
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.018
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	3.354
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.084
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.070
02007	Spices, celery seed	2	1 tsp	0.021
02009	Spices, chili powder	2.6	1 tsp	0.027
02010	Spices, cinnamon, ground	2.3	1 tsp	0.000
02015	Spices, curry powder	2	1 tsp	0.006
02020	Spices, garlic powder	2.8	1 tsp	0.000
02026	Spices, onion powder	2.1	1 tsp	0.003

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02027	Spices, oregano, ground	1.5	1 tsp	0.025
02028	Spices, paprika	2.1	1 tsp	0.014
02029	Spices, parsley, dried	1.3	1 tbsp	0.023
02030	Spices, pepper, black	2.1	1 tsp	0.022
11461	Spinach, canned, drained solids	214	1 cup	2.782
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	1.719
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1.815
11457	Spinach, raw	10	1 leaf	0.189
11457	Spinach, raw	30	1 cup	0.567
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.216
11641	Squash, summer, all varieties, raw	113	1 cup	0.136
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.246
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.357
09316	Strawberries, raw	18	1 strawberry	0.025
09316	Strawberries, raw	166	1 cup	0.232
09316	Strawberries, raw	12	1 strawberry	0.017
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	2.593
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.549
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0.638
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.409
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	0.437
19087	Sweets, candies, confectioner's coating, white	170	1 cup	3.825
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.556
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	0.484
09223	Tangerine juice, canned, sweetened	249	1 cup	0.224
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.857
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.202
20068	Tapioca, pearl, dry	152	1 cup	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.142
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	1.193
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.000

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16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.012
11954	Tomatillos, raw	34	1 medium	0.129
11540	Tomato juice, canned, with salt added	243	1 cup	2.211
11546	Tomato products, canned, paste, without salt added	262	1 cup	11.266
11547	Tomato products, canned, puree, without salt added	250	1 cup	6.300
11549	Tomato products, canned, sauce	245	1 cup	3.430
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.969
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.768
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.684
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.076
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.467
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.065
11955	Tomatoes, sun-dried	2	1 piece	0.000
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.040
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.293
05292	Turkey patties, breaded, battered, fried	64	1 patty	1.530
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.326
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.538
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	2.111
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.076
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.461
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.973
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	2.478
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	4.789
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.047
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.417
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.298
11578	Vegetable juice cocktail, canned	242	1 cup	0.774
04582	Vegetable oil, canola	14	1 tbsp	2.933
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.978
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.655
07083	Vienna sausage, canned, beef and pork	16	1 sausage	0.035
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.275
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.700
09326	Watermelon, raw	286	1 wedge	0.429
09326	Watermelon, raw	152	1 cup	0.228
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.075
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.075
20083	Wheat flour, white, bread, enriched	137	1 cup	0.069
20084	Wheat flour, white, cake, enriched	137	1 cup	0.082

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20080	Wheat flour, whole-grain	120	1 cup	1.476
20089	Wild rice, cooked	164	1 cup	0.377
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0.689
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.009
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.066
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.095
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.011
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.200